

***Amendments to the Specification***

Please amend the paragraph spanning lines 20-30 at page 12 and lines 1-3 at page 13 as follows:

FIG. 3 shows a constrained rate receiver 302 for determining bit rates and bit allocation tables based on a signal-to-noise ratio and a maximum allowed transmission latency, in accordance with an embodiment of the invention. In this embodiment, the signal-to-noise ratio during one noise phase is higher than in the other noise phase. For example, with reference to FIG. 1, the signal-to-noise ratio during the NEXT noise phase 104 is optionally ~~higher~~ lower than the signal-to-noise ratio during the FEXT noise phase 103. In the embodiment of FIG. 3, the signal-to-noise ratio 314 of the worse phase (i.e. the phase with the ~~higher~~ lowest signal-to-noise ratio, such as the NEXT noise phase 104 of FIG. 1) is used by a bit rate controller 309 to determine, for that phase, a bit rate 304 (here designated the second bit rate 304, determined by the second bit rate controller 309). Based on the second bit rate 304 and the maximum allowed transmission latency 306, a first bit rate controller 308 determines the bit rate 303 (here designated the first bit rate 303) for the other phase (for example, the FEXT noise phase 103 of FIG. 1).